

Target Time	M(50min+)	F(55+)	M44-50)	F(48-55)	M(40-44)	F(43-48)	M(35-40)	F(37-43)
Week 1								
Monday	6k Easy AT AT		6k Easy AT		8k Easy AT		8k Easy AT	
Tuesday	5k Easy AT		LT 90s /45s x10 +4k		LT 90s /45s x10 +6k		4x90s /90s @5k +5k	
Wednesday	Rest		Rest		10k Easy AT		10k Easy AT	
Thursday	6k Easy AT		6k Easy AT		10k Easy AT		14k Easy AT	
Friday	Rest		Rest		Rest		8x40s Hills @5k +5k	
Saturday	6k Easy AT		6k Easy AT		6k Easy AT		8k Easy AT	
Sunday	8k Easy AT		10k Easy AT		12k Easy AT		14k Easy AT	
Week 2	30k							
Monday	6k Easy AT		6k Easy AT		8k Easy AT		10k Easy AT	
Tuesday	LT 90s /45s x10 +4k		LT 90s /45s x15 +4k		6x3' /3' @5k +5k		6x3' /3' @5k +5k	
Wednesday	Rest		5k Easy AT		10k Easy AT		10k Easy AT	
Thursday	6k Easy AT		10k Easy AT		8k Fartlek		14k Easy AT	
Friday	Rest		Rest		Rest		12k Fartlek	
Saturday	5k Easy AT		5k Easy AT		10k Easy AT		8k Easy AT	
Sunday	10k Easy AT		12k Easy AT		16k Easy AT		18k Easy AT	
Week 3	34k							
Monday	6k Easy AT		6k Easy AT		8k Easy AT		10k Easy AT	
Tuesday	LT 90s /45s x10 +4k		6x50s Hills @5k +6k		6x3' /3' @5k +5k		3x6' /5' @5k +5k	
Wednesday	Rest		6k Easy AT		10k Easy AT		14k Easy AT	
Thursday	6k Easy AT		10k Easy AT		6x50s Hills @5k +6k		8x40s Hills @5k +5k	
Friday	Rest		Rest		6k Easy AT		16k Easy AT	
Saturday	5k Easy AT		5k Easy AT		10k Easy AT		10k Easy AT	
Sunday	10k Easy AT		14k Easy AT		15k Easy AT		20k Easy AT	
Week 4	34k							
Monday	6k Easy AT		8k Easy AT		8k Easy AT		10k Easy AT	
Tuesday	4x40s Hills @5k +5k		6x90s /90s @5k +8k		8x90s /90s @5k +5k		8x3' /3' @5k +5k	
Wednesday	Rest		6k Easy AT		12k Easy AT		16k Easy AT	
Thursday	6k Easy AT		10k Easy AT		8k Fartlek		16k Easy AT	
Friday	Rest		Rest		6k Easy AT		14k Fartlek	
Saturday	6k Easy AT		5k Easy AT		10k Easy AT		12k Easy AT	
Sunday	12k Easy AT		15k Easy AT		19k Easy AT		22k Easy AT	
Week 5	36k							

Monday	6k Easy AT	8k Easy AT	6x3' /3' @5k +5k	10k Easy AT
Tuesday	5x90s @5k +5k	6x90s /90s @5k +6k	6k Easy AT	10x90s @5k +5k
Wednesday	Rest	6k Easy AT	10k Easy AT	16k Easy AT
Thursday	8k Easy AT	10k Easy AT	5x2'30 Hills +5k	16k Easy AT
Friday	Rest	Rest	12k Easy AT	6x2' Hills @5k +8k
Saturday	4k Easy AT	5k Easy AT	8k Easy AT	10k Easy AT
Sunday	10k Easy AT	12k Easy AT or 5k Race	16k Easy AT	24k Easy AT
Week 6	37k			
Monday	6k Easy AT	8k Easy AT	10x90s /90s @5k +5k	10k Easy AT
Tuesday	4x2' hills +5k	5x3' /3' @5k +6k	Rest	8x3' /3' @10k +6k
Wednesday	Rest	8k Easy AT	10k Easy AT	14k Easy AT
Thursday	8k Easy AT	12k Easy AT	12k Easy AT	16k Easy AT
Friday	Rest	Rest	10k Easy AT	12k Easy AT
Saturday	5k Easy AT	5k Easy AT	6k Easy AT	8k Easy AT
Sunday	12k Easy AT or 5k race	14k Easy AT	22k Easy AT	18k Easy AT Or 10k Race
Week 7	39k			
Monday	5k Easy AT	8k Easy AT	8k Easy AT	10k Easy AT
Tuesday	8k Easy AT	5x2' hills @5k +5k	8x3' /3' @5k +5k	4x5' /4' @5k +6k
Wednesday	Rest	6k Easy AT	12k Easy AT	16k Easy AT
Thursday	8k Easy AT	12k Easy AT	14k Easy AT	16k Easy AT
Friday	Rest	Rest	6x2' Hills +5k	6x2'30 Hills @5k +6k
Saturday	6k Easy AT	6k Easy AT	5k Easy AT	10k Easy AT
Sunday	14k Easy AT	16k Easy AT	10k Easy AT or 5k Race	24k Easy AT
Week 8	41k			
Monday	6k Easy AT	8k Easy AT	8k Easy AT	10k Easy AT
Tuesday	4x2' hills +5k	8x90s /90s @5k +5k	10k Easy AT	6x3' Hard /3' @3k +5k
Wednesday	Rest	6k Easy AT	12k Easy AT	16k Easy AT
Thursday	7k Easy AT	12k Easy AT	10k Easy AT	16k Easy AT
Friday	Rest	Rest	6x80s Hard /3min +3k	10x90s @5k +5k
Saturday	6k Easy AT	6k Easy AT	6k Easy AT	10k Easy AT
Sunday	12k Easy AT or 10k race	14k Easy AT or 10k Race	16k Easy AT	22k Easy AT
Week 9	38k			
Monday	6k Easy AT	8k Easy AT	8k Easy AT	10k Easy AT
Tuesday	6k Easy AT	7x3' /3' @5k +4k	12x90s /90s @5k +5k	4x5' /4' @5k +6k

Wednesday	Rest	6k Easy AT	10k Easy AT	16k Easy AT
Thursday	5x4' @5k pace /4' +3k	12k Easy AT	12k Easy AT	14k Easy AT
Friday	Rest	Rest	8x40s Hills @ 5k +4k	14k Easy AT
Saturday	7k Easy AT	6k Easy AT	6k Easy AT	6k Easy AT
Sunday	12k Easy AT	14k Easy AT	14k or 10k Race	20k Easy AT or 10k Race
Week 10	39k			
Monday	5k Easy AT	4x6' /5' @5k +3k	8k Easy AT	10k Easy AT
Tuesday	5x90s @5k /90s +4k	8k Easy AT	12k Easy AT	8x3' /3' @5k +5k
Wednesday	Rest	8k Easy AT	8k Easy AT	14k Easy AT
Thursday	8k Easy AT	5x90s Hard /3' +5k	12k Easy AT	16k Easy AT
Friday	Rest	Rest	8x3' /3' @ 5k +4k	8x40s Hills @5k +5k
Saturday	5k Easy AT	6k Easy AT	6k Easy AT	10k Easy AT
Sunday	10k Easy AT	14k Easy AT	16k Easy AT	20k Easy AT
Week 11	32k			
Monday	5k Easy AT	8x90s /90s @5k +5k	6x80s Hard /3min +3k	10k Easy AT
Tuesday	5x4' @5k pace /4' +3k	8k Easy AT	Rest	8x200m @3k /2min +6k
Wednesday	Rest	8k Easy AT	10k Easy AT	14k Easy AT
Thursday	6k Easy AT	4x2:30' Hard /3' +5k	8x3' /3' @ 5k +4k	16k Easy AT
Friday	Rest	Rest	10k Easy AT	5x5' /4' @5k +6k
Saturday	5k Easy AT	6k Easy AT	6k Easy AT	8k Easy AT
Sunday	8k Easy AT	14k Easy AT	12k Easy AT	16k Easy AT
Week 12	31k			
Monday	5k Easy AT	6x90s /90s @5k +5k	Rest	6k Easy AT
Tuesday	LT 90s /45s x10 +3k	8k Easy AT	8x80s @5k /80s +5k	6x90s /90s @5k +5k
Wednesday	Rest	5k Easy AT	5k Easy AT	6k Easy AT
Thursday	6k Easy AT with 4x10s @5k	6k Easy AT with 4x10s @5k	8k Easy AT	10k Easy AT
Friday	Rest	Rest	Rest	8k Easy AT
Saturday	3k Easy AT	4k Easy AT	4k Easy AT	5k Easy AT
Sunday	Race	Race	Race	Race
28k				